



## Nutrition e-Newsletter for

May 2010

The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and/or by State agencies, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

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### Let's Move!



Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

Let's Move has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

[Learn more and join in at letsmove.gov!](http://letsmove.gov)

### Chefs Move to Schools



As communities and organizations get behind the First Lady's [Let's Move!](#) Campaign, one group that could have a tremendous impact on the health and well-being of children is the Nation's chefs.

As part of her effort to turn policies into practical solutions for America's families, Mrs. Obama is calling on chefs to get involved by adopting a school and working with teachers, parents and school nutrition professionals and administrators to help educate kids about food and nutrition. By creating healthy dishes that taste good, chefs have a unique ability to deliver these messages in a fun and appealing way to the larger audience, particularly children.



## New Materials Developed by States

### RECIPE for Growing Healthy Children: Child Care Culinary Workshop



*Indiana Department of Education; Purdue University Extension*

This resource was developed to train child care food service staff on planning and preparing meals and snacks that comply with the Dietary Guidelines and My Pyramid..

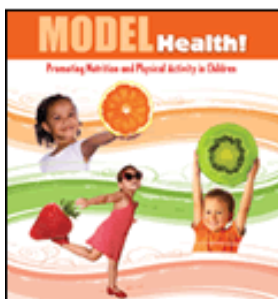
Each section can be used as a stand-alone lesson and can be viewed in any order. The instruction provided in these resources is divided into seven sections:

- Workshop introduction
- **R**ole Models: what we want children to be, say and do
- **E**nvironment: encourages healthy behaviors
- **C**reate: delicious and nutritious meals and snacks
- **I**nvolve: children in food and fun
- **P**artner: with parents
- **E**njoy eating together

For more information go to:

<http://media.doe.in.gov/food/recipe/>

### MODEL Health! Promoting Nutrition & Physical Activity in Children



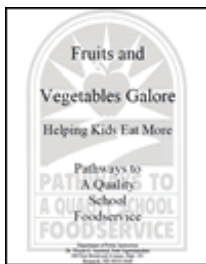
*Maryland State Department of Education in partnership with Maryland Committee for Children*  
 This kit is a collection of supplementary lessons on nutrition and physical activity with an emphasis on role modeling. Intended as a teacher resource in the early childhood classroom, the kit is most appropriate for use with children ages three to five.

To view this resource, go to:

<http://healthymeals.nal.usda.gov/hsmrs/modelhealth>

## State Materials Supporting the HealthierUS School Challenge

### Instructor's Guide for "Fruits and Vegetables Galore"



*North Dakota Department of Public Instruction*

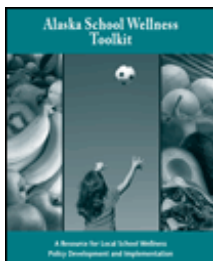
How can you help kids in your schools eat more fruits and vegetables? This instructor's guide, developed by the North Dakota Department of Public Instruction, focuses on using quality produce and preparing it in a safe and attractive way. This guide is a companion piece to the USDA's "Fruits and Vegetables Galore".

The intent of the program is to train school nutrition personnel on how to purchase, protect, prepare, present, and promote fruits and vegetables to capture the interest of students. Handouts, activities, and Power Point presentations are among the tools included.

For more information go to:

[http://healthymeals.nal.usda.gov/hsmrs/F&V\\_Galore\\_Instructors](http://healthymeals.nal.usda.gov/hsmrs/F&V_Galore_Instructors)

### Alaska School Wellness Tool Kit: A Resource for Local School Wellness Policy Development and Implementation



*Alaska Department of Health and Social Services*

The Alaska Department of Health and Social Services, the Department of Education & Early Development, Child Nutrition Services; the Association of Alaska School Boards and others created a school wellness policy Web site that includes ideas for health promotion which can be used in all Alaska schools.

The Web site has sample wellness policies, multiple health resources, and a school wellness toolkit. Within the toolkit is information on what to consider when developing school wellness policies, tools for policy development, nutrition guidelines for school foods, information on federally funded school meal programs, goals for nutrition education, goals for physical activity throughout the day, school-based activities designed to promote student wellness, and tips for monitoring, compliance, and evaluation.

To learn more go to:

<http://www.hss.state.ak.us/dph/chronic/school/ASWPI.htm> and

<http://www.hss.state.ak.us/dph/chronic/school/pubs/AKSchoolWellness.pdf>

## State Materials Supporting the HealthierUS School Challenge

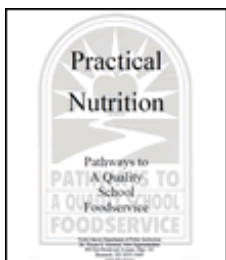
### Starting Right with Breakfast

*Idaho State Department of Education*

This instructional program was designed by The Idaho Department of Education's Child Nutrition Programs for school food service directors and managers to make improvements to their breakfast menus and improve participation in their School Breakfast Program. Facilitator materials include games, small group activities, and marketing activities. Check it out at:

<http://healthymeals.nal.usda.gov/hsmrs/startingright>

### North Dakota – Practical Nutrition



*North Dakota Department of Public Instruction*

This program, created by the North Dakota Department of Public Instruction, is an instructional tool for teaching not only the food service staff, but any one who teaches students about nutrition. MyPyramid and the Dietary Guidelines are the main tools used by this guide making it easily accessible to any food service program. Download the guide at:

<http://healthymeals.nal.usda.gov/hsmrs/practicalnutrition>

## USDA Team Nutrition's New Publications

### Grow It, Try It, Like It! Preschool Fun with Fruits & Vegetables



Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables is a kit that includes six booklets featuring three fruits—peaches, strawberries, and cantaloupe and three vegetables—spinach, sweet potatoes, and crookneck squash.

Each booklet includes hands-on activities, planting activities, stories, songs, MyPyramid for Preschoolers nutrition education activities, home activities with parent/child activity sheets, family-sized recipes, and tips for cooking with children. Other tools include a Teaching Guide, Art and Crafts, a MyPyramid for Preschoolers Poster, the Cool Puppy Pup video series, and other resources.

**Available now!** <http://teamnutrition.usda.gov/Resources/growit.html>





## USDA Team Nutrition's New Publications

### HealthierUS School Challenge Application Kit



The HealthierUS School Challenge (HUSSC) was established to recognize schools that are creating healthier school environments through their promotion of good nutrition and physical activity. Four levels of superior performance are awarded: Bronze, Silver, Gold, and Gold of Distinction. The new Application Kit guides schools through the application process and shares many great resources to help schools meet the Challenge criteria.

The HUSSC Application Kit includes:

- What's It all About?
- Criteria and Checklist
- Whole Grains Resource
- Guidance on Dark Green/Orange Vegetables & Dry Beans and Peas
- Increasing Participation / Healthy Fundraising / Fact Sheets for School Meals
- Frequently Asked Questions
- Success Stories
- Additional Resources
- Sample Applications: Bronze/Silver
- Sample Applications: Gold/Gold of Distinction

#### Download the application kit:

<http://teamnutrition.usda.gov/healthierUS/application.html>

## Resources from the Healthy Meals Resource System

### What's in Season



This section highlights 52 different fruit and vegetables, grouped by season of availability. Graphics, lesson plans, recipes, activities, purchasing tips, and more are available for each food. The information can be used in monthly presentations, newsletters, menus, or bulletin boards. What a great way to motivate your staff and students to serve and eat more fruits and vegetables!

Find out *What's in Season* today!

<http://healthymeals.nal.usda.gov/hsmrs/whatsinseason>



## Resources from the Healthy Meals Resource System

### HealthierUS School Challenge Resources (<http://bit.ly/9bWss5>)



This section targets resources that may be helpful for schools working on meeting the requirements for the HUSSC. It includes Menu Planning resources, such as recipes and other tools for incorporating fruits and vegetables, beans and whole grains.

The Nutrition Education section highlights over 100 resources for incorporating nutrition education into the classroom and cafeteria, including materials on fruits and vegetables and whole grains. You will also find sections on bulletin board materials, education and training materials, and online modules for Empowering Youth that can be used by educators and afterschool providers.

The section on Physical Activity includes education resources, bulletin board resources and guidelines. The section Stay Connected helps put you in touch with others through our listservs, Facebook and Twitter. Finally, the last section provides a list of the HUSSC award winners and video clips of success stories. Please remember to share your successes and stay in touch with the latest information.

Team Nutrition E-Newsletter

### About USDA's Team Nutrition

Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide training and technical assistance to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated nutrition education for children, their parents, and other adults who influence children's behavior; and 3) build school and community support to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://teamnutrition.usda.gov/team.html>

What's new on USDA's Team Nutrition Web site? Check it out at <http://teamnutrition.usda.gov>

Submit your comments and suggestions regarding this Team Nutrition e-newsletter to Desirée Stapley ([desiree.stapley@ars.usda.gov](mailto:desiree.stapley@ars.usda.gov))

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